



St. James's, Westminster.

DIRECTIONS

FOR

THE PRESERVATION OF HEALTH,

AND

THE PREVENTION

OF

THE SPREAD OF CATCHING OR INFECTIOUS
DISEASES,

AND

PRECAUTIONS TO BE TAKEN DURING THE
PREVALENCE OF CHOLERA.

*Issued by order of Vestry, under the direction of
DR. LANKESTER, the Medical Officer of Health.*

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I.—Directions for the Preservation of Health.

Cleanliness.—Nothing contributes more to health than cleanliness, and nothing invites disease so much as dirt. Dwelling rooms should be white-washed at least once a year, and the floors of rooms and stairs scrubbed once a week. Children should be washed at home, from head to foot, once or twice a week ; and grown up persons, both male and female, should frequently use a bath. The under linen should be changed at least once a week. Bed linen should be changed once a fortnight, and bedsteads taken down and cleansed once a year at least. Dirty slops should never be allowed to remain in sitting or bed rooms. Every convenience for washing clothes and bathing will be found at the Baths and Washhouses, 16, Marshall Street.

Fresh Air.—In every house, sitting room, bed room, workshop, school, or public building, two things should be attended to: First, the *getting rid* of the bad air which comes from the lungs, and the *letting in* of the fresh air from without. Fires ventilate rooms in cold weather, but all rooms without fires should be ventilated by letting down the top sash of the window, by ventilating panes in the windows, or valves in the chimnies. Care should be taken not to over-crowd sitting and bed rooms ; and persons should avoid occupying over-crowded houses. Every sitting room and sleeping room should have at least 500 cubic feet for each individual. The occupation of small and unventilated kitchens as sleeping rooms is contrary to law.

Water.—Water should never be drunk when it is not clear, or smells. It is a safe plan to boil or filter it, or both, before drinking. Cisterns and water butts should be cleansed out at least once a month, when not exposed, and every week where they are exposed to light. It is better to keep them always covered. Water from pumps with surface wells

should not be drunk. The following street pumps in the Parish have surface wells, and are liable to be charged with the leakage from sewers, cesspools, and drains, viz.:—

Burlington Gardens; Warwick Street; Broad Street; Marlborough Mews; Great Marlborough Street; Tichborne Street; Little St. James's Street; Duke Street; and Charles Street.

Food and Drink.—Stale fish and bad meat of all kinds, as well as fruit and vegetables in a state of decay should be avoided. The habitual use of ardent spirits is a common cause of disease and death.

Bad Smells.—The inhabitants of no house are safe from disease if they are exposed to offensive or disgusting smells of any kind. These may arise from various causes, as follows:—

1. *Dustbins or Ashpits.*—These should never be allowed to smell. They should be emptied at least once a week. All vegetable and animal refuse should be burned, and not thrown into the dustbin at all. The parish dustmen, when requested, are bound to remove the refuse from a dustbin without fee or reward.

2. *Water Closets.*—They should have a constant supply of water, and all defects be immediately remedied.

3. *Drains.*—They give rise to smells when they are stopped or impaired, or there is a want of proper traps or valves for preventing the bad air from passing into the house.

4. *Cesspools.*—The law regards these as nuisances injurious to health, and their immediate abolition, whether in use at present or formerly, is imperative on the owner of the premises on which they are situated.

5. *Offensive Businesses.*—In all cases where persons are engaged in businesses, such as the keeping of cows, horses, pigs, poultry, or other animals, the slaughtering of animals, the boiling or storing of grease, or other animal matter, they are liable to indictment, when such businesses produce bad smells and thus become nuisances injurious to health.

Persons having any complaints to make of the above nuisances should apply at the Vestry Offices, Piccadilly, between the hours of 9 and 4 o'clock, where a book is kept for the registry of all complaints, which will be attended to by the Medical Officer of Health, and Sanitary Inspectors.

Under the "Nuisances Removal Act," the Vestry has power to compel the removal of all Nuisances. The following are regarded as Nuisances :—

- a.* Any premises in such a state as to be a nuisance or injurious to health.
 - b.* Any pool, ditch, gutter, water-course, privy, urinal, cesspool, drain, or ash-pit, so foul as to be a nuisance or injurious to health.
 - c.* Any animal so kept as to be a nuisance or injurious to health.
 - d.* Any accumulation or deposit which is a nuisance or injurious to health.
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II.—Directions for the Prevention of Infectious (Catching) Diseases.

When any infectious disease, such as TYPHUS FEVER, SMALL-POX, SCARLET FEVER, MEASLES, or CHOLERA, exists in a house, observe the following rules :—

1. Keep the door of the room open, and if the weather be warm enough the top sash of the window a few inches down night and day, so as to secure the exit of BAD AIR, and the entrance of FRESH AIR, into the room.

2. Keep the room and every thing about the sick person very CLEAN. Change the patient's linen frequently, and let all dirty linen be taken out and put immediately into cold, and afterwards well washed in hot water. Let all *discharges and evacuations* be immediately removed, and the utensils well washed, and then rinsed with a solution of chloride of lime, or some other disinfecting solution.

3. Let no more people be in the room than are requisite to attend the sick person. The nurse or attendant should place themselves on that side of the bed towards which the current of air comes, and they should endeavour to avoid the patient's breath and vapour from the discharges.

4. In all cases where infectious diseases break out the sick person should be SEPARATED from the rest of the family, either by removing the healthy part of the family or the sick person. In the case of those needing assistance for the removal of the sick, application should be made at the Workhouse, Poland Street.

5. In families where any infectious disease has broken out, such as typhus fever, scarlet fever, measles, small-pox, hooping-cough, or cholera, the children should NOT be sent to SCHOOL till such time as the medical attendant shall certify that there is no danger of their conveying the infection. Grown-up persons, in such circumstances, should also avoid attending public places, riding in public vehicles, and, as much as possible, in any manner exposing others to the danger of infection from themselves.

6. Where SMALL-POX breaks out, no time should be lost in having every member of the family VACCINATED, whether they have been vaccinated before or not. The following gentlemen are appointed Public Vaccinators in this parish :—

JOHN JAMES, F.R.C.S. 62, Princes Street, Leicester Square.
GEORGE SLIGHT, M.D. 25, Brewer Street, Golden Square.

7. In cases of DEATH from infectious disease, the corpse should be buried within forty-eight hours after death. In the meantime no one should live or sleep in the room where the dead body lies. The bedding and

linen that has been used should be well washed, and the room should be cleansed, the ceilings and walls white-washed, the floor washed with chloride of lime, and the windows and door be left wide open for some days before being occupied again.

III.—Special Precautions to be taken during the prevalence of Cholera.

1. Every person attacked by DIARRHŒA, especially if without pain, should attend to himself, and obtain proper medicine. Purgative medicine should only be taken under the advice of a medical man.

2. All sudden checks to perspiration should be avoided, such as sitting in draughts of cold air when hot from exercise. It is always a good precaution to wear a belt of flannel round the stomach.

3. Every person should live regularly and temperately on those articles of food which he is used to, and which agree with him. There is no objection to fish, fruit, or vegetables if good, but all stale or over-kept fruit, fish, meat, and vegetables should be shunned. Great care should be taken to give no stale or sour food, especially sour milk, to children.

4. Intemperance and drunkenness are *most* dangerous. It is to be feared that more cases of choleraic diarrhœa occur on Mondays, and days after a holiday, than at other times.

5. It is of the utmost consequence to avoid all foul smells, as of sinks, closets, drains, dustbins, and the like. It should be remembered that every closet and sink which lets water down to a drain may allow bad air to come back,

so that the *traps* should be looked to regularly, and be kept well charged with water, and a little of some disinfectant should be put down daily.

6. The house should be kept sweet by opening windows and admitting plenty of fresh air.

7. If an inmate be attacked, and he cannot be put into a room by himself, it is better to send him to the Hospital provided for the purpose. Infected clothes, and bedding, and apartments should be purified under the direction of the medical attendant. All that passes from the sick should be looked on as highly poisonous, and be got rid of at once; and every vessel, and sink, and cloth, or article of bedding or clothing that it touches, ought to be disinfected.

8. The greatest pains should be taken to secure pure water for drinking purposes. None should be used that is not quite bright; and this should be boiled and flavoured with tea, coffee, or burnt bread. If at all turbid or discoloured, it should be allowed to settle, and should be boiled and filtered. No water should be drunk which comes out of a dirty butt, or that has been standing near a sink or closet. All cisterns should be cleansed, and wooden butts be charred or pitched inside. The water from street pumps should be avoided.

9. Persons who attend upon the sick should wash their hands and face before any meal, and should not take any food in the room occupied by the patient.

10. In the case of persons requiring removal, notice should be given at the Workhouse, in Poland Street; and information of the occurrence of any case of Cholera should at once be given at the Vestry Offices, Piccadilly.

EDWIN LANKESTER, M.D.

Medical Officer of Health.



